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DAY 2 OF METRO'S LOOK AT IMMIGRATION: EDUCATED NEWCOMERS HOPE TO LAND ON 'ELIGIBLE OCCUPATIONS' LIST BUT OFTEN SETTLE FOR 'SURVIVAL JOBS' TO STAY AFLOAT PAGE 6

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British Birdy learning to fly (up the charts)

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All aboard the pain train — it's go time

Take your workout routine to the next level PAGE 12

Province to post all ministerial expenses online

Accountability.
Premier's move comes after Opposition NDP unearthed documents showing minister's $3,600 car service bill

MARCO VIGLIOTTI
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Premier Brad Wall has ordered the creation of a reporting system documenting all expenses accrued by ministers and their staff when travelling outside Saskatchewan, amid new claims of ministerial misspending on out-of-province trips.

"We think we can improve what has been the long-standing practice in Saskatchewan by including all the costs related to a trip on one particular report," Wall told reporters on Monday at the provincial legislature in Regina.

"All that information is available. The availability is made more difficult by the processes you have to go through (to retrieve it)."

All travel expense reports will be posted on a semi-annual basis beginning at the start of the fiscal year in April, according to the government's plan. The first such report, documenting expenses recorded between April and September, will be released in October.

The move comes after a freedom-of-information request by the Opposition NDP unearthed documents showing that Social Services Minister June Draude racked up a $3,600 bill for a car service during a business trip to London en route to a conference in the African nation of Ghana.

NDP Leader Cam Broten said the Saskatchewan Party government's move to post travel expenses is a step in the right direction, but stressed that important questions remain unanswered about Draude's overseas excursion.

"We now have confirmation from the minister that family members … went with her to the conference," Broten said.

"The question remains, what was the benefit to Saskatchewan for applying to go to a conference in Ghana?"

Cabinet secretary Rick Mantey, who accompanied Draude and admits to arranging the car service in London, has said he would repay taxpayers. For his part, Wall has placed Mantey on probation for the next six months.

It was revealed on Monday that Mantey also arranged the pricey car service for Finance Minister Ken Krawetz while he was in London separately. Wall said Krawetz was frustrated by the high cost of that service and had already agreed to repay the bill.

Premier Brad Wall speaks to media on Monday at the legislature about ordering the creation of a reporting system documenting all expenses accrued by ministers and their staff when travelling outside Saskatchewan. MARCO VIGLIOTTI/METRO

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Saskatchewan finalizes $1.2B Regina Bypass route

Infrastructure.
Province now waiting on approval from federal government

The route for the $1.2-billion Regina Bypass, which the provincial government is calling the largest transportation infrastructure project in Saskatchewan's history, has been finalized.

"It's going to increase the safety and the efficiency of the traffic flow in the area," Highways and Infrastructure Minister Don McMorris told reporters Monday at the legislature.

The bypass is partly being constructed to relieve traffic on major Regina arteries such as Victoria Avenue, which sees about 23,000 vehicles a day.

The plan includes a new twinned route, beginning at Highway 11 northwest of Regina and running south at the west side of the city to the Trans-Canada Highway. The bypass is planned to wrap around the city's south end, about five kilometres south of Highway 1, and be routed east to the Tower Road area to connect to the Trans-Canada on Regina's east side.

Three overpasses at the Pilot Butte Access Road, Highway 48 at White City and Highway 46 at Balgonie are included in the plan.

The Ministry of Highways and Infrastructure has begun purchasing about 200 parcels of land for the project. Most of the approximately 130 property owners along the route have been contacted, according to McMorris.

"The ministry will need to acquire a considerable amount of land in order to make this project a reality," McMorris said.

"Throughout the process, landowners can be expected to be treated with the utmost respect."

He projected the land acquisition to take one to two years, while construction could take about four years.

An application for federal funding for the project as a public-private partnership (PPP) has been submitted to PPP Canada. The province is waiting for approval.

"We feel very confident, but we can't say yes until they say yes — even though we have the lion's share of the investment," McMorris said, noting that PPP Canada usually contributes 20 to 25 per cent of the funding for such capital projects.

SARAH TAGUIAM/METRO

Highways and Infrastructure Minister Don McMorris unveils the finalized route on Monday for the $1.2-billion Regina Bypass — Saskatchewan's largest-ever transportation infrastructure project. The bypass will, in part, alleviate traffic congestion on east Victoria Avenue, inset. SARAH TAGUIAM/METRO; INSET: ROSS ROMANIUK/METRO FILE

Warrant issued after alleged assaults

Richard Daniel Wolfe FACEBOOK

A man reported to have gang ties is wanted on a Canada-wide warrant following alleged assaults in Fort Qu'Appelle on Monday morning.

RCMP investigated at a Fort Qu'Appelle residence and later charged Richard Daniel Wolfe, 38, with sexual assault and assault with a weapon.

There are two victims, one of whom is a woman who was sexually assaulted, according to RCMP Const. Corey Zerie.

"Nobody was hospitalized or sustained serious injuries as a result," Zerie told Metro.

Wolfe, reportedly a co-founder of the Indian Posse street gang, has been on statutory release from prison since September 2010. The warrant has been issued for a breach of his 20-year sentence.

Wolfe served an 18-year sentence after being convicted in Manitoba for attempted murder, robbery and use of a firearm while committing an indictable offence in 1996. He was sentenced to two more years in prison after being found guilty of assault causing bodily harm and wearing a disguise in 1999, RCMP said.

Wolfe served two-thirds of his sentence and has been living in Fort Qu'Appelle since his statutory release, Zerie confirmed.

"Nothing at this time indicates he's a danger to anybody, but we're trying to apprehend him as soon as we can," Zerie said.

"We also believe there's no further risk to the victims."

SARAH TAGUIAM/METRO

Legislation

Law would give legal counsel to kids in province's care

The Saskatchewan government has introduced legislation that would provide legal counsel for children in provincial care.

The proposed law creates a Counsel for Children Office that courts, the public guardian or the children's advocate could turn to when they don't believe a child's best interests are represented.

Justice Minister Gord Wyant says it's important that children have a voice, especially in hearings on their well-being.

The move follows calls for more legal representation for youngsters after B.C. placed a little girl with her drug-addicted, abusive grandfather in Saskatchewan. She was confined to a windowless basement room, denied the use of a toilet and rarely bathed or fed. THE CANADIAN PRESS

SaskGaming

Casinos take revenue hit: Report

The house may be the loser, according to a newly released annual report on SaskGaming.

The Crown corporation report on Casino Regina and Casino Moose Jaw shows that revenue rang in at $127 million last year, down from $137.2 million in 2012.

SaskGaming says it was a particularly difficult year for slot revenue, which fell $11.2 million to $102.9 million.

SaskGaming says it has been facing what it describes as a maturing market with flattening revenue over the past few years.

But it says the entire gaming industry in Canada has reached a mature stage in the market cycle and is experiencing flattening or declining revenue.

The number of people visiting the two casinos also fell slightly to about 3.6 million from 3.625 million in 2012.

THE CANADIAN PRESS

Pine Island to be closed until July for construction

Wascana Centre. Improvements being made in advance of North American Indigenous Games

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A popular island in the heart of Regina's Wascana Centre will be closed for the next few months.

Pine Island on Wascana Lake will be shut down from April to July for construction of a finishing line facility for boat races that will conclude at the well-visited attraction during the North American Indigenous Games this summer.

An existing platform for judges will be enclosed at the facility and offer race officials an unimpeded view. The platform was built in 2004 during the extensive Big Dig lake excavation project.

"One of the aspects that needed to be improved to get (Wascana) into being one of the top three venues (for regattas) in Canada was to have an enclosed finishing line facility," Bernadette McIntyre, CEO of the Wascana Centre Authority (WCA), told Metro on Monday.

The island, near Broad Street along the lake's south shore, will also get new turf and additional plants, as well as repairs to its signature waterfall.

Problems with the island's waterfall, McIntyre said, stem from issues with its underground pipes.

"The waterfall was not able to operate last year due to some movement and problems with the piping under the island," she explained.

"That's in the process of being repaired."

About half of the funding for the upgrades has come from financial and in-kind donations from a host of community organizations. The WCA provided the rest of the funding for the project, which is estimated to cost between $300,000 and $400,000.

Boating boost

"One of the aspects that needed to be improved to get (Wascana) into being one of the top three venues (for regattas) in Canada was to have an enclosed finishing line facility."

Bernadette McIntyre, CEO of the Wascana Centre Authority

Pine Island will be shut down from April to July for construction of a finishing line facility for boat races as part of the North American Indigenous Games, says Bernadette McIntyre, CEO of the Wascana Centre Authority. MARCO VIGLIOTTI/METRO

Former Sask. football player guilty of weapons, drug charges

Adrian Charles walks to court.
MORGAN MODJESKI/METRO IN SASKATOON

A former Saskatchewan junior football player has been found guilty on weapons and drug offences.

Adrian Charles, who played for the Saskatoon Hilltops and University of Regina Rams, was convicted in provincial court on Monday of possessing a prohibited weapon and possessing a controlled substance.

He was also found guilty of being in a vehicle where he knew a firearm was present.

The charges stem from 2008, when Saskatoon police arrested Charles on outstanding attempted murder charges based in Pickering, Ont.

Officers searched his vehicle and found a loaded handgun and cocaine under a floor mat.

The attempted murder charges were later stayed.

Defence lawyer Brad Mitchell requested that sentencing be held over to May 23 to give Charles a chance to go home to Toronto. The charges carry a minimum prison sentence of three years.

"It's understandable that most people have a lot of things they need to arrange ... especially if (they) have a young child at home," Mitchell said after the ruling.

He said he and Charles had not had time to read the full decision, but added that Charles is "obviously disappointed."

Charles was acquitted on a charge of possessing a firearm knowing the serial number had been removed.

The former running back took the stand and testified that he had no idea that the cocaine and the gun were in his vehicle.

Charles said he later found out that both items belonged to his passenger, Duane Henwood, who offered to cover Charles' legal bills.

Henwood, however, denied that he had any knowledge of the cocaine or the gun.

CJWW/CKOM/THE CANADIAN PRESS

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Halifax

Impaired driver had two kids in car: Cops

Police in Halifax say a 36-year-old woman driving with two kids in her car, including an eight-month-old infant, has been charged with impaired driving for being five times over the legal blood-alcohol limit.

Halifax RCMP say an officer saw a car stopped in the middle of Forest Hills Parkway in Cole Harbour around noon on Sunday.

The driver was immediately arrested for impaired driving, and police say when she provided breath samples, came in at five times above the legal limit.

An eight-month-old infant and an 13-year-old child were in the car. Police say arrangements were made for the children to be put in the care of someone else. METRO IN HALIFAX

Cancun, Mexico

Man on vacation drowns saving boy from rough surf

A western Pennsylvania man has drowned while saving a young boy caught in rough surf while the man was vacationing in Cancun, Mexico.

Fifty-year-old Jeff Brown, of Farrell, was vacationing with his girlfriend, Tracy Duez, and other couples.

Duez' sister, Wendy Donner, says Brown entered the water to save the boy even though there were red flags on the beach warning of a dangerous undertow. Witnesses say Brown helped the boy onto a life buoy but was himself caught in the undertow and died.

The J. Bradley McGonigle Funeral Home staff are working to fly Brown's body home. THE ASSOCIATED PRESS

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Oscar Pistorius listens to evidence by a pathologist in court in Pretoria, South Africa, Monday. THEMBA HADEBE, POOL/THE ASSOCIATED PRESS

'I was simply trying to protect Reeva,' Pistorius tells her family

Blade Runner testifies. Double-amputee says he has been taking antidepressants and has trouble sleeping

His voice shaking, Oscar Pistorius took the witness stand Monday for the first time, testifying that he was trying to protect the girlfriend he killed and that he became so tormented by memories of the fatal shooting and panic attacks that he once hid helplessly in a closet.

Pistorius also offered an apology to the family of Reeva Steenkamp, who died from multiple wounds after the double-amputee runner shot her through a closed toilet door last year in his home. He said he mistook Steenkamp for an intruder.

"I was simply trying to protect Reeva," the athlete said as Steenkamp's mother, June, looked impassively at him in the courtroom. "I can promise that when she went to bed that night she felt loved," Pistorius said.

Pistorius' display of anguish and remorse was a marked departure from the testimony of some prosecution witnesses whose accounts painted a picture of the runner as a hothead with a jealous streak, an inflated sense of entitlement and an obsession with guns.

Pistorius, 27, spoke in a soft, quavering voice at the start of his testimony, forcing Judge Thokozile Masipa to ask him to speak more loudly.

Defence lawyer Barry Roux, who had aggressively challenged prosecution witnesses since the trial began March 3, led Pistorius gently through events in a life that was held up, in the runner's heyday, as an inspiring tale. THE ASSOCIATED PRESS

Quoted

"I climbed into a cupboard and I phoned my sister to come and sit by me, which she did."

Oscar Pistorius, describing at his trial in South Africa how he hid in a closet after waking up in "a panic" one night.

Scan this photo with your Metro News app to see a photo gallery of Rwandans commemorating the 20-year anniversary of the Rwanda genocide.

A nation struggles to cope with memories of genocide

A boy takes part in a Rwandan-genocide memorial rally Monday on Parliament Hill in Ottawa. FRED CHARTRAND/THE CANADIAN PRESS

Rwanda. It's been 20 years since large-scale massacres saw 1 million people killed in 3 months

Displaying pride and pain, Rwandans on Monday marked the 20th anniversary of a devastating 100-day genocide that saw packed churches set on fire and machete-wielding attackers chop down whole families from a demonized minority.

Blood-curdling screams and sorrowful wails resounded in a sports stadium as world leaders and thousands gathered to hear of healing and hope.

President Paul Kagame and UN Secretary-General Ban Ki-moon together lit a flame at the Kigali Genocide Memorial Centre, which estimates that more than 1 million Rwandans perished in three months of machete and gunfire attacks.

In one scene, a young girl recounted the torture of a boy. Spectators screamed and the severely traumatized were carried off. By the end, Rwandan actors lay scattered throughout the field, representing the dead.

The UN chief said he hopes to reaffirm the international community's commitment to the idea of "never again," though he said genocide is still possible. Mass graves were required to bury the victims of what the government says was a long-planned killing spree that ignited after the plane of then-president Juvenal Habyarimana, a Hutu, was shot down.

Kagame's critics say that progress has been marred by an authoritarian approach.

Human Rights Watch, which Kigali practically views as an enemy organization, says civil and political rights in the country remain severely curtailed.

THE ASSOCIATED PRESS

France's role

Genocide's colonial beginnings

The French government, which Rwanda banned, was missing from the stadium. In an interview published in France Monday, President Paul Kagame accused the former African colonial power of participating in some of the genocide violence.

The ceremony highlighted the influence that white colonial masters had in setting the stage for the violence that erupted in 1994. The audience watched as white people in colonial outfits jumped out of a safari car and stormed the main stage. The wide-brim hats then changed to blue berets, worn by UN troops who did nothing to stop the carnage.

"The people who planned and carried out genocide were Rwandans, but the history and root causes go beyond this beautiful country," Kagame said. THE ASSOCIATED PRESS

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CANADA CAN'T ALWAYS GET WHAT IT WANTS

Our nation prefers immigrants from specific professions, but most don't fit the narrow bill, and face challenges seeking employment.

Shirley Edwards, 50, born in the U.K., isn't exactly the kind of immigrant Canada's looking to attract. She was forced to reinvent herself to find success in the country. CONTRIBUTED

The Story of Us
Immigration in Canada

Adaptability. Many educated newcomers must reinvent themselves in order to find success

MIKE DONACHIE
Metro in London, Ont.

Engineers. Give us engineers.

That's the message that flashes before the eyes of any immigrant who takes a look at the list of 24 "eligible occupations" on the website of Citizenship and Immigration Canada, the federal government agency charged with making sure Canada gets the immigrants it needs.

And there are many types of engineers: Civil, mechanical, mining, petroleum, aerospace and geological. Then there are the medical lab technologists, physiotherapists, sonographers and similar health care workers. Land surveyors are on the list, too, and computer programmers.

Those 24 eligible occupations, each with 300 spaces to fill every year, will get you into Canada as part of the federal skilled worker (FSW) program, even if you don't have a job lined up.

But, instead of a large crop of engineers, Canada's attracting more immigrants along the lines of people like Shirley Edwards.

A highly qualified teacher from the Carlisle in northern England, Edwards came to Canada in 2005, and, simply put, it's been a struggle.

The Calgary resident gained entry to Canada as the wife of a police officer who was headhunted in England, and thought that, with vast experience and two degrees, she would find a job here easily.

She was wrong.

After six years, she had applied for 400 jobs that suited her qualifications and had been invited to exactly zero interviews.

"I gave myself three months, and, if I hadn't found something in three months, I would have to go back to the U.K.," said Edwards, 50, who was by then single and working what she called "a survival job" in a retail store.

What she found was she needed to, in a word, "Canadianize" herself to succeed.

With help from the Calgary Region Immigrant Employment Council, a non-profit that specializes in helping skilled newcomers find the right role, Edwards learned a lot.

She started networking and volunteering, and made her resume "more Canadian," changing small things like her British email address.

Eventually, it worked.

Now, she's using her skills at the Bredin Centre for Learning, which helps immigrants find jobs.

And on March 26, she and her 12-year-old son took their oaths to become Canadian citizens.

"People need to accept that they will not be working in the place they expect," Edwards said.

So, does the reality of economic immigration reflect the government's desire? In a word: No.

A breakdown of last year's 257,887 new permanent residents by occupation, obtained from the CIC, shows that just 65,330 were qualified in the government's much sought-after list. Another 12,609 were clerical workers, labourers or something similar.

The rest, some 179,948? They were classified as "other."

"Other contains a diverse range of occupations," said a CIC spokesperson. "For example, it could be a spouse (a homemaker) and two children of a principal applicant, or it could be individuals admitted through a software pilot program, or whose occupation is not captured in National Occupations Classifications."

Whatever the explanation, it's clear that most people coming to Canada aren't engineers.

Brain waste

The selection process

Sociology professor Jeffrey Reitz, of the Munk School of Global Affairs at the University of Toronto, thinks Canada has the wrong focus when it comes to immigrant employment.

Because most immigrants' work experience doesn't match the list of jobs the government wants filled, the focus should be instead on getting more newcomers' qualifications validated, he says.

He studied trends in the success of immigrants with university degrees and discovered that educated newcomers are facing increasing difficulty in landing professional or management jobs.

He found that 70.7 per cent of educated, Canadian-born men were in a high-level occupation in 1996, but only 50.4 per cent of immigrant men with similar backgrounds could say the same. By 2006, that figure for Canadian-born men was similar, but for immigrants it was down to 43.5 per cent.

Reitz calls it "brain waste."

"Part of the concern is that, since about 2005 or (2006), we've shifted away from focusing on the problem by selecting immigrants differently, getting away from university education and trying to get immigrants who already have jobs to come into the country."

Reitz wants to see more services that validate the qualifications immigrants already have.

For example, the organization World Education Services will certify credentials for $115, and helps about 10,000 people a year. Mentorship programs and "bridge training" offered by groups like the Toronto Immigrant Employment Council also help get newcomers on track to find work. MIKE DONACHIE/METRO

THE STORY OF US: IMMIGRATION IN CANADA, TOLD IN FIVE PARTS

Day 1 1
Change and effect

Day 2 2
What Canada wants vs. what it gets

Day 3 3
Where we come from, where we go

Day 4 4
Happy times, hard times

Day 5 5
The future and beyond

Online
Live the stories of three immigrants in our five-part video series at metronews.ca

Liberals win Quebec election with majority

Politics. PQ Leader Pauline Marois' future may be uncertain after failing to deliver

Quebec Liberal Party Leader Philippe Couillard and his wife, Suzanne Pilote, walk into campaign headquarters on Monday in Saint-Félicien, Que.
JACQUES BOISSINOT/THE CANADIAN PRESS

The doctor is in.

Philippe Couillard, a former neurosurgeon, led his Liberal troops to a majority win in the Quebec election Monday night, 18 months after the party was turfed out of power under Jean Charest.

The red Liberal tide flowed early across Quebec's electoral map, sweeping over the incumbent Parti Quebecois, which had been battered by questions about its plans for a third sovereignty referendum that most Quebecers flatly said they didn't want.

The Liberals had between 40 and 45 per cent of the popular vote, compared with less than 30 per cent for the PQ.

The Coalition for Quebec's Future, which had rebounded in support in recent days, came in a distant third.

While no pundit would be foolish enough to declare sovereignty dead, the option has likely been put to sleep for a while. Some observers have suggested it could be years, if not decades, before it is revived.

Couillard, who was a popular health minister under Charest until 2008, stoked the fears of a referendum after star PQ candidate Pierre Karl Peladeau entered the election and declared he wanted to build an independent Quebec.

PQ Leader Pauline Marois mused what a sovereign Quebec would be like for days after that, something that allowed her party to be knocked off its message to the point where it never really recovered.

Monday's results in Quebec no doubt prompted a sigh of relief in Ottawa as well.

With the PQ out, it means Prime Minister Stephen Harper won't have to worry about a national unity crisis as he heads toward the 2015 election.

It will also not preoccupy Opposition Leader Tom Mulcair, who draws most of his New Democratic Party caucus from the province, some of whom expressed sovereigntist sympathies at one time or another.

The 33-day campaign had been considered as one of the nastiest in decades.

THE CANADIAN PRESS

Homelessness

'Housing first' approach battles homelessness, saves money

New conclusions by the Mental Health Commission of Canada suggest the "housing first" approach to battling homelessness is showing real results.

The report shows more than 2,000 homeless Canadians diagnosed with mental illness have found stable housing in all regions over a two-year period.

The At Home/Chez Soi pilot project, created in 2008 following a $110-million investment from the federal government, has proven effective for people from diverse cultural backgrounds and circumstances.

THE CANADIAN PRESS

Victims' rights. Justice minister: Courts should compel spousal testimony

Allowing people to refuse to testify against their spouses is an "obstacle" to getting at the truth in a court of law, says Justice Minister Peter MacKay.

Currently, under the Canada Evidence Act, spouses can refuse to testify against their partners except in certain specific cases such as sexual assaults or those involving children.

Legislation introduced last week by the Harper government would remove that right.

MacKay defended the move Monday at a victims of crime conference in Ottawa, calling the provision outdated.

He said courts need to compel testimony from all witnesses of crime, including spouses.

"We do not feel that spousal immunity should present an obstacle to bringing important evidence before a court of competent jurisdiction," said MacKay.

"We feel that in cases of murder, in cases of terrorism, serious fraud, if a spouse has important evidence that the court needs to consider, that evidence should be there."

Some lawyers have predicted the measure will have little impact on a system where spousal testimony comes into play in relatively few cases.

THE CANADIAN PRESS

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The Prostate Cancer Information Service is provided by Prostate Cancer Canada in partnership with the Canadian Cancer Society.

Canadian Cancer Society / Société canadienne du cancer

Delta Airlines scored highest for customer service among the four biggest American airlines in report. DAVID MCNEW/GETTY IMAGES

U.S. airline complaints drop

Report. While griping is a national pastime, few bother to lodge official complaints

A big drop in customer complaints helped U.S. airlines post their best ratings ever even though more flights were late and more bags were mishandled, according to a report released Monday.

Virgin America topped the ratings, and three regional airlines scored at the bottom.

Among the four biggest airlines, Delta ranked best followed by Southwest, American and United, according to researchers from Wichita State University and Embry-Riddle Aeronautical University.

The researchers have graded airlines since 1991 on government figures for on-time performance, mishandled bags, bumping passengers, and complaints filed with the U.S. Department of Transportation.

One of the report's authors said the drop in complaints might reflect "a certain amount of resignation" that "it's never wonderful for airline passengers." THE ASSOCIATED PRESS

Market Minute

DOLLAR 91.17¢ (+0.10¢)

TSX 14,270.33 (-122.77)

OIL $100.44 US (-$0.70)

GOLD $1,298.30 US (-$5.20)

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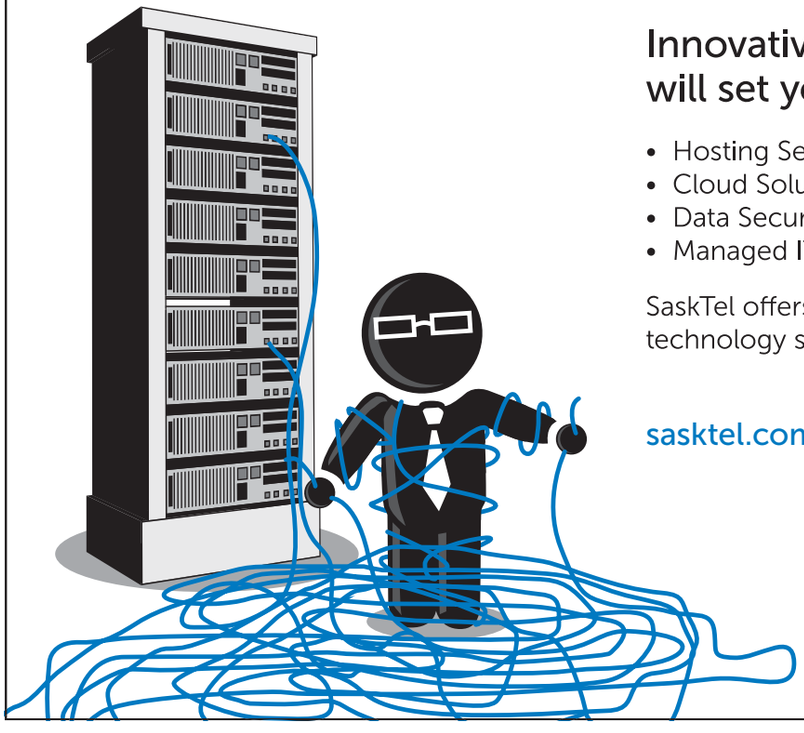

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NO, DIVORCE IS NOT LIKE DIETING

SHE SAYS

Jessica Napier
metronews.ca

Gossip magazines would have us believe that celebrities are "just like us" but the truth is quite the opposite. Sure, they might pump their own gas or shop at Whole Foods from time to time, but few of us plebs will ever truly live life like the rich and famous.

And so when Gwyneth Paltrow recently ended her 10-year marriage to Coldplay frontman Chris Martin, she didn't release a statement regarding an impending divorce or separation; she took to her lifestyle blog GOOP to announce that they were "consciously uncoupling."

It should come as no surprise that Paltrow, a woman known for her impossibly healthy diet and unattainable lifestyle, even does breakups better than the rest of us. The term 'conscious uncoupling' implies an enlightened and amicable process free of all of those messy emotions us regular humans have to deal with.

Always the trendsetter, Paltrow encourages her GOOP disciples to pursue this highly evolved approach to divorce. For just $297, you too can enrol in an online course that will teach you how to separate like the stars. Relationship guru Katherine Woodward promises to guide participants through a five-week program designed to "release the trauma of a breakup, reclaim your power and reinvent your life."

Call me cynical, but I don't really buy into this New Age philosophy of an elegant and spiritually fulfilling divorce. Ending a long-term relationship is a complicated and extremely personal journey and Paltrow's conscious uncoupling seems to oversimplify the process.

Trying to turn something as traumatic as a divorce into another item for your lifestyle blog seems to undermine the seriousness of the matter. A breakup announcement shouldn't be a tidy little note sandwiched between advice on buying the perfect pair of jeans and a recipe for three-bean salad.

I personally subscribe to the everything-in-moderation theory. That goes for junk food as well as raw emotions. Sometimes you just have to feel your feelings and yes, that can result in toxic behaviour such as finishing a bottle of wine by yourself while creeping through your ex's Facebook profile.

Of course, excessive alcohol consumption and wallowing in self-pity are not GOOP-approved behaviours. Paltrow has transformed herself into an aspirational lifestyle brand and she's made a lot of money in the process. She preaches a regimented way of life that few of us could ever hope to achieve. She has a sculpted yoga-made body, a fridge full of macrobiotic vegetables and all of her chakras in alignment.

But emotions are not gluten: You can't simply go on an elimination diet and detoxify your mind. Experiencing feelings of sadness and grief at the dissolution of a marriage are totally normal and healthy, even if they don't align with Paltrow's Zen-like approach to living.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

It's a mammoth of a task

BUDDHIKA WEERASINGHE/GETTY IMAGES

Canadian sculptor hones her skills

Canadian sand sculptor Karen Fralich finishes Mammoth Under the Glacier, an installation at the Sand Museum in Tottori Dune in Tottori, Japan. The seventh annual sand sculpture exhibition hosted by the world's first sand museum features the theme Russia, marking the 2014 Winter Olympic Game in Sochi. The exhibition is open from April 19 to Jan. 4, 2015. GETTY IMAGES

A dirty job

Fralich first started sculpting pottery clay at the age of 14 at a studio in Guelph, Ont.

- She developed her sculpting skills for 11 years, making small animal figurines.
- Eventually she was hired by a professional sand sculptor to create visuals for a mall exhibit.
- For the next four years, she learned everything she needed to know about sand sculpting, while working full time in the food service industry.
- In 1998, she entered her first competition and soon after began working as a freelance sand sculptor full time.
- She's a three-time world champion sand sculptor.

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MetroTube

Scenery not so static in New Zealand

ANDREW FIFIELD
metronews.ca

If you happen to be bobbing in open ocean, it's good to know what a dorsal fin is attached to before deciding to drift over for a closer look. Especially if, like the surfers who saw this, you happen to be in New Zealand waters, where the orca population is around 200. Happily for them and us, everything worked out beautifully here. (Via YouTube user wackedcat)

GETTY IMAGES

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See that symbol? It means you can scan this image with your Metro News app to see Birdy's music video for her song Light Me Up

SCENE 2

Shy Birdy no longer waiting in the wings

Teen songbird.
U.K. singer's career soars on the strength of her fragile songs

EMILY LAURENCE
Metro World News in New York City

Seventeen-year-old British singer-songwriter Birdy. BOO GEORGE

She's an unlikely celebrity. Birdy, whose real name is Jasmine Van den Bogaerde, has to be prodded a bit to perform and is too shy to make small talk with the crowd. But when she sings, people listen. Like Lorde, she represents a new type of pop star — one that's less shiny, yet can't help but capture your attention.

"I love that there's such a range of pop and alternative music on the charts," Birdy tells us over the phone from Berlin, where she's performing at the Echo Awards. (She won Best International Rock/Pop Artist later that night.) She admits to listening to Taylor Swift just as much as Bon Iver, whose song Skinny Love she covered. The result catapulted her to fame.

"That song is so fragile and it reminded me of songs that I write. I really connected to it," she says.

Birdy released an album of cover songs in 2011 with her take on artists like Phoenix and Death Cab for Cutie. Now, she's releasing an album of her own original music this summer, which she is currently on tour promoting.

Original music

"I didn't want to write about anything really personal, but I ended up doing it because it's hard to get around it." U.K. singer Birdy

"Releasing my own original music is both exciting and scary," she says. "The past few years have been full of new experiences and challenges, which I wrote about. (At first), I didn't want to write about anything really personal, but I ended up doing it because it's hard to get around it." Birdy says that when she composes, the music often comes to her before the words do; she also explains that her songs are more about a feeling than a story.

Though her work is more ethereal and less bubble-gum pop, Birdy insists that she's a typical One Direction-loving teen. Still, most high schoolers can't brag about having a song on The Hunger Games soundtrack or collaborating with Mumford & Sons.

But despite her accolades, and perhaps in spite of her shyness, Birdy says the biggest highlight of rising fame for her has been travelling to Australia and playing to sold-out crowds.

Striking a pose

Besides the stage, you can also see Birdy on billboards; she's the latest model in Gap's new campaign. It looks like this songbird is beginning to spread her wings.

Review

The Hobbit: The Desolation of Smaug

Director. Peter Jackson

Stars. Martin Freeman, Evangeline Lilly, Orlando Bloom, Richard Armitage

A child's tale becomes more of a grown-up's in The Desolation of Smaug, the fire-breathing second chapter of Peter Jackson's ongoing screen trilogy based on J.R.R. Tolkien's The Hobbit.

Reluctant hobbit hero Bilbo Baggins (Martin Freeman) finds his courage and his possible curse, the latter threatened by the enchanted ring that will fuel further Middle-earth adventures.

Bilbo's still in the company of 12 dwarf warriors, led by exiled Prince Thorin Oakenshield (Richard Armitage), and they're joined by elf archer Legolas (Orlando Bloom), who isn't supposed to appear until the following The Lord of the Rings trilogy, as well as elf wonder woman Tauriel (Canada's Evangeline Lilly), an entirely new creation designed to add a needed jolt of estrogen to the proceedings.

It's a lot to take in, yet it serves to move the story forward, making us anticipate this fall's final chapter and confrontations.

PETER HOWELL

Kevin Spacey GETTY IMAGES

Kevin Spacey doesn't want a part in your crappy movie

Kevin Spacey has certainly earned the right to be picky about his acting gigs. Just ask him. "Unless it's a really significant role, f—k off. I'm not playing someone's brother. I'm not playing the station manager. I'm not playing the FCC chairman," he tells the Hollywood Reporter in a rather candid interview.

"There are a lot of people out there who offer roles to actors because they'll elevate their movie to a place the movie would never reach. They offer them a s—load of money for a crap part, but it doesn't make the movie any better. And I'm not interested in elevating someone's crap movie."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Maisie Williams says Arya Stark is rotten inside

MELINDA TAUB
Metro World News

It's tempting to keep defending little Arya Stark, who's one of the closest things to a protagonist that Game of Thrones has. But (spoiler alert) as those who saw Sunday night's season premiere know, Arya is well on her way to becoming a stone-cold killer. Even Maisie Williams, who portrays Arya, says her days of being a sweet kid are behind her.

"This year, at the end of Episode 1, just when you thought things were going downhill, you're treated to an Arya whose heart is now black, and she's rotten on the inside," Williams told the Daily Beast.

Having lost both parents and (she believes) all her brothers, Arya's transformation is understandable — but, Maisie says, it may also be irrevocable, even if Arya gets good news. "Even if Arya knew that Sansa, Bran, Rickon and Jon Snow were alive, I feel like she'd just go, 'Cool ... good luck,'" she says.

Is Naomi Campbell attracted to Magneto?

Naomi Campbell GETTY IMAGES

Naomi Campbell is about to make millions of women — not to mention more than a few men — jealous, as the supermodel is reportedly dating Michael Fassbender, star of 12 Years a Slave, Shame and X-Men: Days of Future Past, according to U.K. daily The Sun. Sources spotted the pair recently meeting up at London restaurant Coya, where they were "openly hugging and kissing."

Richard E. Grant's 'naughty' tweet

Downton Abbey creator Julian Fellowes is all about decorum and manners, and that sometimes means setting limits for his actors on things like Twitter. "We had to explain to the cast about the dangers of tweeting as no one realized how interested everyone was in the show," he tells the Telegraph. It seems new cast-member Richard E. Grant didn't get the memo — he tweeted a photo of himself in costume on the Downton Abbey set. "He's very naughty," Fellowes says.

Richard E. Grant tweeted this photo of himself on the set of Downton Abbey. TWITTER

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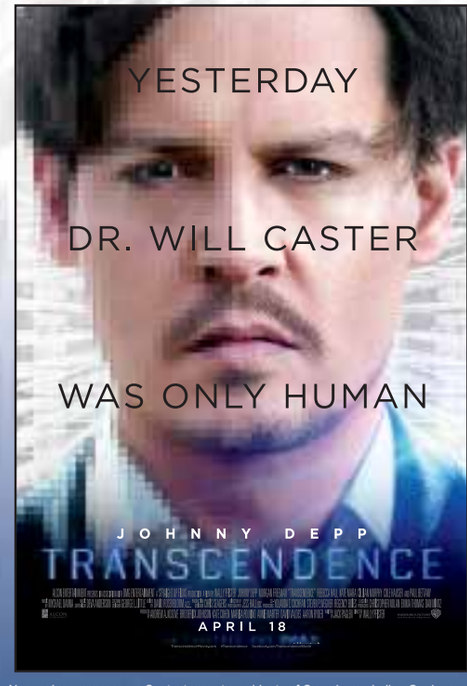

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LIFE 3

Taking fitness to the next level

You're going to the gym religiously and loving it, but something seems to be missing. It may be time rethink the way you look at exercise by adding new elements to your routine. The experts break down the benefits of rounding out the way you work out.

IZABELA SZYDLO life@metronews.ca

Massage therapy

"Before you start training, massage therapists can identify areas of weakness through a thorough assessment," says Omar Lunan, a registered massage therapist (RMT) and owner of the Toronto-based mobile massage therapy clinic Core Care Wellness Centre (corecarewellness.ca). "Treating structural imbalances can eliminate pain and help focus on other areas that need strengthening. Delayed onset muscle soreness and slight inflammation are common post-workout concerns. Massage can decrease lactic acid build-up by increasing local circulation to muscles, decrease inflammation and directly affect muscle tone. If your range of motion isn't Olympic standard, which for most people it isn't, identifying if the restriction is neurologically based will allow an RMT to employ passive, active or resisted types of stretching to change muscle length and allow for more freedom. After a workout, a relaxation-focused treatment can ensure a good night's rest, essential for post-workout repair."

Meditation

"Yoga offers many physical benefits — increased strength, improved flexibility, stress relief — but students often discover that the greatest side effect of yoga is how it benefits the mind," says Annabel Fitzsimmons, a yoga instructor with 15 years of teaching experience, who can be found at annabelfitzsimmons.ca. "At its core, yoga is about creating awareness and heightening the mind-body connection. As we pay close attention to alignment and the physical sensations of each posture, and become conscious of the breath and its effect on the body, we train our minds to let go of the distractions that constantly fill our heads. Through yoga we can experience a meditation in motion, letting the mind become focused and calm as we move from posture to posture."

Cardio and resistance mix

"To maximize fitness levels, having a balance of cardio and weight training in your fitness regimen is key," says Christian Alvarez, fitness director at Toronto's Strength-N-U fitness facility (strength-n-u.com). "Lifting weights prior to doing cardio ensures that glycogen (the body's readily available energy source) is depleted so stored energy (fat) is used immediately after. Safely pushing your limits with a routine that includes cardio and resistance will directly affect muscular and cardiovascular strength, and endurance. This means less fatigue and the ability to train faster, longer and harder. Because the heart is also a muscle, the increased output of blood increases the 'pump' feeling while weight training, resulting in burning more calories per workout and an increase in your metabolism for the day."

Cleanse

"Weight loss is 80 per cent food and 20 per cent exercise but it is 100 per cent about how you feel. Bloating and digestive discomfort make your pants fit poorly and your self-esteem take a nosedive. So, I always suggest that clients 'cleanse,' but not with liquid diets. What works is removing or reducing foods that contain baker's yeast (which can cause bloating) and adding chia. This super-powered seed swells to absorb water in the bowel and gives you a solid happy, um, 'go.' A flatter tummy is more motivating than a liquid cleanse that can cause too many uncomfortable trips to the toilet. Start with a teaspoon sprinkled on breakfast and build up to a tablespoon each day. You will also help curb the appetite that can actually increase when you start a gym routine," says nutritionist Theresa Albert of myfriendinfood.com.

Sweat it out together

Exercise boosts your mood, alleviates stress and gives you a hot bod. Want to share this with your special somebody? Julie Erickson of Endurance Pilates and Yoga in New York City shares a workout to lift your spirits and increase your heart rate.

One-legged squats: Stand facing each other, hands on hips, one leg extended (opposite leg for each partner). Keep torsos upright, press soles of feet into each other and bend supporting knee. Do 10 repetitions on each side.

Alternating lunges (timed, one minute): Assume a lunge position, right leg forward, left leg back. Set a timer for one minute. Start timer and switch lunges. Keep switching and keep counting your number of lunges. The winner gets a shoulder massage post-workout!

One-legged pushups: Start standing back to back and roll down, hands to the floor. Walk out to a plank position and lift one leg to match partner's opposite leg lift. Press soles of lifted feet together and lower into a pushup position. Do 10 repetitions on each side.

Side planks with kicks: Come into a side plank position facing each other. Lift the outside leg to hip height while one partner stretches the top leg forward as the other stretches his or her lifted leg back (your legs are reaching in the same direction). Do five repetitions in each direction and switch sides.

Medicine ball throws: Standing, legs wider than hips, pull medicine ball back behind head, extending upper spine, abs engaged to protect lower back. Throw ball to partner, initiating throw by using abdominals to engage abs for powerful throw, aiming for partner's chest. Partner catches, absorbing throw and repeats. Do 30 repetitions. **LASSE EMIL KRISTIANSEN, METRO WORLD NEWS IN NEW YORK**

Working out with your partner can be rewarding. ISTOCK

See that symbol? It means you can scan the photograph below with your Metro News app to see a video of Theresa Albert learning about community supported agriculture

This recipe serves four. THERESA ALBERT

Healthy Solutions

CSA season!

It's beginning to look a lot like Community Supported Agriculture (CSA) season!

Ever popular in farming communities and springing up everywhere in cities, a box of seasonal veggies, fresh from the farm, is a welcome part of our growing season. There is nothing like knowing the person who planted, coaxed to life and harvested your food. But not knowing how or what to cook can be an issue. Keep these rules in mind:

- Most root vegetables are interchangeable in recipes.
- Cut the leaves off everything as soon as you get them. Store them separately and use them as you would any dark leafy green.
- Don't rinse greens until you are about to use them. Then, spin them well and store with a paper towel in plastic in the crisper. **THERESA ALBERT/ MYFRIENDINFOOD.COM**

Stew that doesn't discriminate

Any Vegetable Coconut Stew. Throw in leftovers, favourites and any other veg you may have in your crisper for a hearty meal

THERESA ALBERT
Metro World News

You know how you end up with a bunch of stuff in the fridge and you don't know what to do with it? This Any Vegetable Coconut Stew is great for vegetarians, vegans, gluten-free peeps as well as the rest of us hungry and hurried.

Feel free to add leftover chicken, beef or pork to bump up the protein. No need for rice because there are plenty of starchy carbs in the roots.

Any root vegetable can be used in combo to about six cups chopped.

Ingredients

- 1 tsp grapeseed oil
- 1 onion, chopped
- 1 tbsp curry powder
- 2/3 cup cashews
- 1 small sweet potato
- 1 parsnip, peeled
- 1 large turnip
- 1 can coconut milk
- Dash hot sauce, to taste
- 1 cup chopped kale

1. Heat a large pot over medium heat, add the grapeseed oil then chopped onion and stir for 3 minutes until softened and slightly browned.

2. Stir in the curry powder and then the cashews. Allow that to cook for about 2 minutes.

3. Chop the small sweet potato, peeled parsnip and turnip and add all of them to the pot.

4. Pour the can of coconut milk and hot sauce (your favourite) and cover the pot to simmer for about 10 minutes.

5. Stir in the chopped kale or whatever greens you like. Cover and allow to cook for about 2-4 more minutes.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Scan the image using your Metro News app to view a photo gallery of Derek Jeter playing his final home opener.

Farewell Jeter tour in full swing

MLB. Yankees captain pleases Bronx crowd in home-opener win against rival Orioles

Derek Jeter arrived for his last Yankee Stadium opener fashionably early at 9:35 a.m., attired in a grey suit, white shirt, purple tie and black Prada lace-up shoes.

His performance, if not stylish, was memorable.

Jeter missed a home run by about two feet in Monday's 4-2 win over the Baltimore Orioles. After he left the batter's box slowly leading off the fifth inning, the ball hit off the "8" in the 318-foot sign in the left-field corner and Jeter hustled into second with a headfirst slide.

"I had to pick up the pace a little bit," he admitted. "Yeah, there were some guys laughing — until a couple of them hit some balls and the wind got them, too."

It was a rare mind cramp for a player known for hustle and an unfailing ability to be in the right place.

"Maybe you get caught up in opening day," he said. "You probably haven't seen it, probably won't see it again. But what can you (do)? I was safe. It would be a lot more embarrassing if I was out."

Jeter scored one run, sent another home with a double-play grounder on a 1-for-4 day and was applauded every time he came to bat and fielded a grounder to shortstop.

Derek Jeter rounds third base to score a run for the Yankees against the Orioles on Monday in New York City. ELSA/GETTY IMAGES

Quoted

"A lot of people get caught up in the disease of 'me.' Derek never fell in that."

Buck Showalter, Derek Jeter's first big-league manager

This was Jeter's first appearance in New York since announcing Feb. 12 that his 20th season will be his last. With the retirements of Jeter's No. 2 and former manager Joe Torre's No. 6 likely, the 48,142 adoring and slightly frosted fans on hand during a cool and overcast afternoon almost surely were the last to witness a single-digit pinstriped uniform on opening day.

Seeing a business bonanza, the Yankees were selling jerseys with Jeter commemorative retirement patches, starting with replicas at $114.99 and going up to $240.99 for authentic models. Steiner Sports was hawking a game-used single cleat for $2,549.99 and game-worn jerseys at up to $25,000.

Jeter didn't have much hope of leaving the ballpark with any mementoes.

"I'm good taking the win," he said, "but Steiner Sports has the rest."

THE ASSOCIATED PRESS

NASCAR

Logano snatches win from Gordon

Joey Logano made a last-lap pass of Jeff Gordon during extra laps Monday after a late caution in a rain-delayed race at Texas, becoming the seventh different winner in as many Sprint Cup races this season,

Heading onto the frontstretch, Logano went low and was able to get past Gordon going into the first turn. Kyle Busch finished third ahead of Brian Vickers and rookie Kyle Larson.

Logano, the only driver with top-five finishes in both Texas races last season, got his fourth career victory after leading 108 of 340 laps — six more than scheduled.

Team Penske joined Stewart-Haas Racing as the only teams with multiple winners this season.

THE ASSOCIATED PRESS

Premier League

Tottenham tops lowly Sunderland

Christian Eriksen scored one goal and set up two more as Tottenham recovered from an early defensive howler to rout Sunderland 5-1, leaving the visitors rooted to the bottom of the Premier League table.

Tottenham put aside speculation about the manager Tim Sherwood's future to stay in the hunt for a European place.

Emmanuel Adebayor, Harry Kane and substitute Gylfi Sigurdsson also scored for Tottenham. THE ASSOCIATED PRESS

Yzerman's stay in Tampa Bay extended

Steve Yzerman signed a four-year extension with the Tampa Bay Lightning on Monday. BRUCE BENNETT/GETTY IMAGES

The Tampa Bay Lightning have signed general manager Steve Yzerman to a four-year contract extension.

The Lightning have made the playoffs twice in four seasons under Yzerman's watch, reaching the Eastern Conference final in 2011.

Tampa Bay has already qualified for this season's playoffs and is currently in third place in the Atlantic Division.

"I'm grateful for the opportunity to continue the process we started four years ago and would like to thank (owner) Jeff Vinik for entrusting me with the responsibility of leading the Tampa Bay Lightning," Yzerman said in a statement. "I'm very excited about what lies ahead for our organization and truly enjoy working with a fantastic group of people in Tampa Bay."

Yzerman, who has one year remaining on his initial contract with Tampa Bay, also served as executive director of Canada's gold-winning Olympic men's hockey teams in 2010 and 2014.

Yzerman spent 27 seasons with the Detroit Red Wings as a player, captain and front-office executive prior to joining the Lightning.

The Hall of Famer ranks sixth in NHL history with 1,755 career points. He is a four-time Stanley Cup Champion, winning three as a player in 1997, 1998 and 2002 and another as a member of Detroit's management team in 2008.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
It's not always easy to get along with other people and today's Sun-Mars aspect will challenge you to be more accepting. From other people's point of view you are often the one making too much noise.

♉ Taurus
April 21 - May 21
It may seem as if your time and energy has been wasted but that's not true. By the end of the week you will realize you have gained in unexpected ways.

♊ Gemini
May 22 - June 21
Don't cling to ideas that are well past their sell-by date. They may seem comfortable now but later on they will hold you back. Time never stands still, and nor should you.

♋ Cancer
June 22 - July 23
It may at times appear as if life is conspiring against you but you know that isn't true. Most likely your negative thoughts are attracting negative events. Look for reasons to be cheerful today.

♌ Leo
July 24 - Aug. 23
Do you like a challenge? Of course you do. If you want to remain a contender, especially on the work front, you will need to up your game over the next two or three days. Winning is everything.

♍ Virgo
Aug. 24 - Sept. 23
Because you have something to prove you won't hesitate to make things happen over the next 24 hours. Not everyone will be happy that you have disturbed the status quo but for you it will be worth it.

♎ Libra
Sept. 24 - Oct. 23
Creative endeavors are under excellent stars, so if there is an artistic project you want to get started on don't wait. There is no such thing as the perfect time – the present moment is all you ever have.

♏ Scorpio
Oct. 24 - Nov. 22
Try not to take what you see and hear personally today, not even if others make it personal. Sometimes it's better to let annoying issues sail over your head.

♐ Sagittarius
Nov. 23 - Dec. 21
The planets indicate the more you are on the move the more likely it is you will meet new people and learn new things — and knowledge is the basis of real power.

♑ Capricorn
Dec. 22 - Jan. 20
Interesting opportunities are opening up but they will bring an increase in responsibilities too. You only have so much time and energy to spare, so use them carefully.

♒ Aquarius
Jan. 21 - Feb. 19
The efforts you have put in over the past few months will pay off in a big way eventually, so don't get disheartened if it seems you are not making much progress. A great transformation is taking shape.

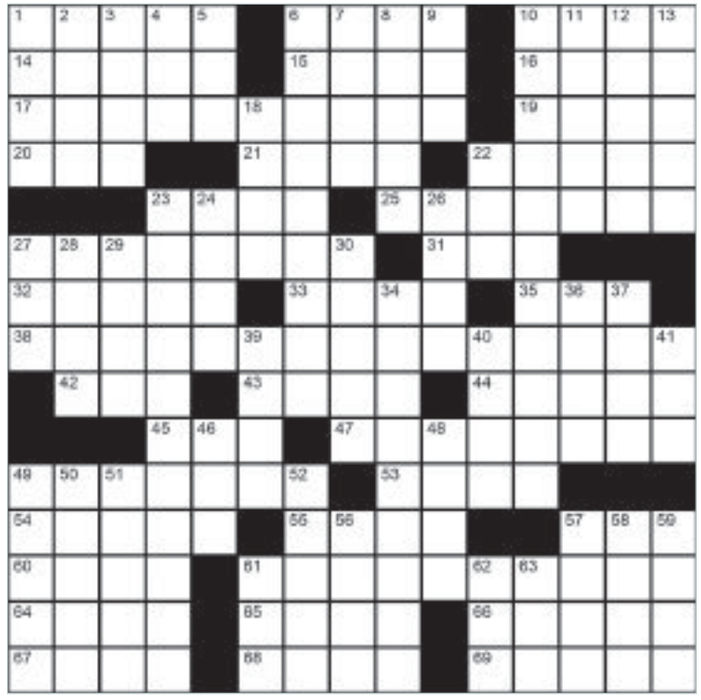
♓ Pisces
Feb. 20 - March 20
If someone needs your help today you will give it. However, after you have saved them yet again let them know you are tired of riding to the rescue. They need to take responsibility for themselves.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

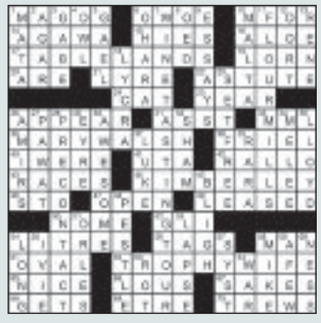
BY KELLY ANN BUCHANAN



Across
1. Caterpillar, for example
6. Ring stone
10. Baseball cheers-getters
14. Duck
15. I like = J'__
16. "In _ __!" (I'm almost done!)
17. "North of 60" is an item on this Canadian singer/actor's resume: 2 wds.
19. Moon goddess
20. She's a sheep
21. Panache
22. 19th-century French composer, Georges __
23. Susan Aglukark's "__ Na Ho (Celebration)"
25. 'Colored Sands' technical death metal band from Quebec
27. __ Bay, N.S.
31. Brit's bathroom
32. Poison
33. Twofold
35. Ms. Vardalos
38. Measurers of public support in politics: 2 wds.
42. 'S' in SPCA [abbr.]
43. "__ __ sure you're aware..."
44. The __ (International Court of Justice site)
45. Enterprise's letters
47. France/Spain mountains
49. __ Salamander (Eastern Canada creature)
53. Mr. Stiller's
54. Garbage
55. Land unit
57. Mr. Kilmer
60. Strait of Belle __
61. Montreal __ __ (Pantry item)
64. Prophet
65. "The __ Wing"
66. Elliptical path
67. __ d'oeuvre
68. Ballpark figs.
69. Requires

Down
1. Behind
2. Affirm
3. Eternal City
4. Vikram __ (Celebrity chef based in Vancouver)
5. U.S. tooth doc's org.
6. MLB team in Calif., __ _'_
7. Tower of note
8. In with
9. "Dancing with the Stars" middle-chair judge
10. Halifax people
11. Vehicles-manufacturing company based in Tokyo
12. Dogma
13. Sings a bit of jazz
18. Wrestler, John __
22. Richie, to Joanie [abbr.]
23. Canadian coiffure chain, First Choice __
24. "There __ __ time left."
26. Stewpot
27. Harper Valley gr.
28. Crops
29. Montreal baseball player, once
30. Spring flower
34. Soldiers' kids, colloquially: 2 wds.
36. William __ (1953 Pulitzer-winning playwright for Picnic)
37. Chill
39. Flowers displayer
40. Subsequently
41. Author Ms. Hinton's
46. Sault __. Marie, ON
48. Stink
49. Basketball-in-basket sound
50. Lovely stroll
51. Saskatchewan town
52. Schedule times
56. "__ magnifique!"
57. Feeling
58. __-tongued
59. Permits
61. Stockholm is its cap.
62. Ben, to Brian
63. __-game show

Yesterday's Crossword



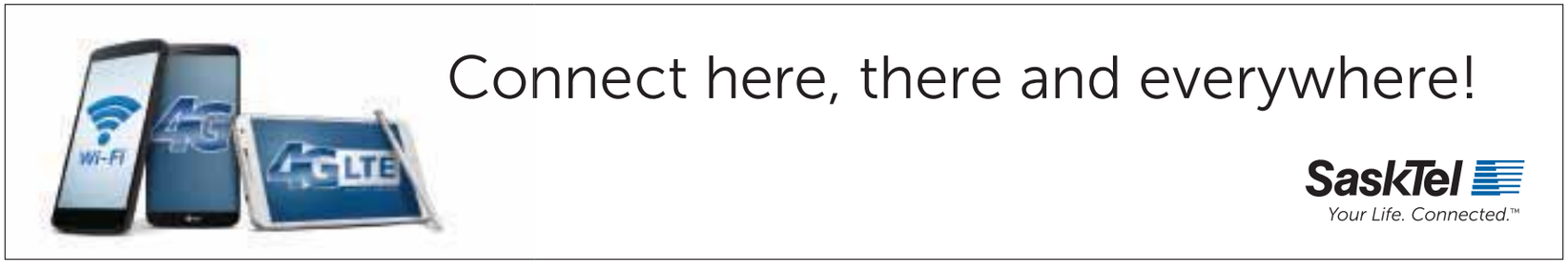
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5					9	3	7	
	1			5		6	8	
8			3					5
				9			4	7
		1				5		
2	8			3				
3					1			9
	5	4		2			6	
	6	9	8					4

Yesterday's Sudoku

1	3	9	8	4	5	6	7	2
4	8	6	2	1	7	3	9	5
5	2	7	3	6	9	4	8	1
7	4	1	6	2	8	9	5	3
2	5	3	4	9	1	8	6	7
9	6	8	7	5	3	1	2	4
8	7	2	1	3	6	5	4	9
3	9	4	5	8	2	7	1	6
6	1	5	9	7	4	2	3	8



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Canadian Cancer Society
Société canadienne du cancer

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REMEMBER

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Saskatoon – June 13, 2014
Regina – June 20, 2014

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Lloydminster
Lumsden
Meadow Lake
Moose Jaw
Nipawin
Preeceville
Prince Albert
Rosetown
Shaunavon
Swift Current
Wilkie
Yorkton

Check the website for dates.

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